FIGURE 1	Т2		Oletary and lifestyle advice		Consume food products, such as for example vegetables and fruit, e.g. cuciferous and allium famility of vegetables.	Increase consumption of food products known to induce Phase ii metabolism, e.g. crucilerous and allium family vegetables.	Avoid consumption of Increase consumption of sources of Kenobicts flood products known to (e.g., PAH) found in. for induce Phase II example, char-grilled metabolism, e.g. metanoted, char-grilled metabolism, e.g. fred meat and smoked Chuziferous and allium fah.	Increase consumption of tood products known to induce Phase II metabolism, e.g. cruciferous and alfium famity vegetables.	Increase consumption of tood products known to induce Phase II metabolism, e.g. cruciterous and ellium family vegetables.		Consume food products, such as fine example vegetables and fuit, e.g. cuciferous and allium famility of vegetables.	Increase consumption of flood products known to induce Phase II metabolism e.g. increase consumption of fruit and wegetables, particularly cruciferous vegetables and successively as the successively and insufficients of the allum family such as garfic and orien).
	DATA SET 2		Foods and other materials to avoid	Ы.	Reduce consumption of sources of Xenobiotics (e.g. PAH) found in Jore example, chargniled red meat and smoked fish.	Avoid consumption of Increase consur- sources of Xenobiolics, food products Iv (e.g. PAH) found in, for induce Phase II example, char-grilled metabolism, e.g. example, char-grilled chucierous and family vegetable	Avoid consumption of increase consumption of increase consumption of increase consumption of the partyl found in, for incure Phases in exampte, char-grilled metabolism, e.g. exampte, char-grilled consumptions and fish.	Avoid consumption of sources of Xenobiotics (e.g. PAH) found in, for exampte, char-grilled red meat and smoked fish.	Avoid consumption of sources of Xenobicics (e.g. PAH) found in, for example, char-grilled red meat and smoked fish.		Reduce consumption of potential procarcinogens (e.g. PAH) found in, for example, char-grilled red meat and smoked fish.	Avoid consumption of sources of Xenobelics (e.g. PAH) fund in, for example, chargilled red meat and smoked fish.
		y ranking	Very high susceptibility									
			Higher susceptibility			YES		YES				YES
		Genetic Susceptability ranking	Moderate increase in susceptibility				YES		YES			
			Normat susceptibility		YES						YES	
			Reduces									
	DATA SET 1		Homozygote or heterozygote relative to wild type		Homozygote	Homozygote	Heterozygotes	Homozygote	Heterozygotes		Homozygote	Homozygote
			Links with higher risks of cancer eusceptibility									
			Links with Cancer susceptabilities		Colorectal, unnary biadder, breast oral cavity, stomach, and lung cancers	Colorectal, urinary bladder, breast, oral cavity, stomach, and lung cancers.		Colorectal, urinary bladder, breast, oral cavity, stomach, and hung cancers.				Golon cancer
			Polymorphisms		Cyp1A1-A (Wild type)	Сур1А1-С		lle-Val polymorphism			NAT1*4 (wild type)	NAT1-10
			Gene Marker	СУР						NAT1		
			Examples of Gene Types	П	Genes that code for enzymes responsible for the detoxification of xenobiotics in Phase I metabolism							
			General Gene Marker Type	Type (								

Figure 2

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Input Dataset 3 (Alleles Present in Subject's DNA) 5

Match Each Allele with Lifestyle Risk Factor from Dataset 1

Match Lifestyle Risk Factor with Lifestyle Recommendation

from Dataset 2

Cross -reference Lifestyle Recommendation with Other Factors (e.g. sex, existing diet) and amend recommendation as appropriate

Generate Lifestyle Recommendation matched to allele and other factors

Combine Lifestyle Recommendations corresponding to each

identified allele

Personalised Lifestyle Advice Plan